

FINCK (A.R.)

AN ARGUMENT

FOR

MEDICATED INHALATION

IN

ASTHMA, BRONCHITIS, CONSUMPTION,

AND ALL

AFFECTIONS OF THE ORGANS OF RESPIRATION.

BY

A. R. FINCK, M. D.

“Obsta Principiis.”

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AN ESSAY

UPON THE

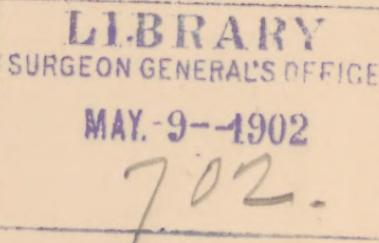
INHALATION OF COOL MEDICATED AIR

IN

DISEASES OF THE NOSE, THROAT, AND LUNGS.

BY

A. R. FINCK, M.D.



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INTRODUCTION.

THIS little book is sent forth to convey a message of hope to a numerous class of suffering humanity.

It begs no favor; it offers no apology; it regards no carping criticism.

It confidently feels its ability to verify what it professes, and, therefore, calmly rests it claims upon its merits.

It proposes no miracle; it treats of no magic; it vaunts no Protean specific; it does not blazon forth the virtues of a nostrum.

It engages to disarm error by its *truth*; to confound skepticism by its *reason*; to shame empiricism by its *skilled attainments*, and no impeachment will ever dethrone it while anchored to that Omnipotent Trinity.

THE AUTHOR.

PHILADELPHIA, PA., 1035 Coates Street.

OBSTA PRINCIPIIS.

"RESIST the beginnings" is an axiom that applies to all sublunary abuses, but to none with more emphatic force than to those which threaten the fountains of life; and, in the physical no less than in the moral world, he who does not early learn to comprehend the significance of this epigraph will drift with the stream, and be prematurely disembogued into that boundless sea,

"Whither all earthly pomp and boast
Roll, to be swallowed up and lost
In one dark wave."

My purpose is to apply this principle in the consideration of diseases affecting the air passages and lungs, the appalling mortality of which is indicative of their virulence, as well as the futility of all the heretofore popular modes of treatment.

A description of asthma, bronchitis, consumption, and all the various affections which precede and attend those conditions is unnecessary, nor would an anatomical exhibit of the respiratory structures be more profitable to the general reader, except in a relative aspect.

The relation between the stomach and lungs of the human subject is the same as the relation between the leaves of a tree and its roots. The stomach and the roots both drink—absorb liquids; the lungs and the leaves both breathe air, and the consumption of the human lungs, or of the leaves of the tree, results in the death and decay of the bodies belonging to either.

Most of us know that the leaves of plants absorb and give off certain gases, that it is one office of flowers to exhale odors, that disease has almost always followed in the track of civilization, that wherever the woodman felled the tree and destroyed the many leaves that inhaled the miasm of the swamp, himself became the victim of its exhalations.

Pomologists and horticulturists have experimented in every soil with all kinds of fertilizers; incorporated mineral, animal, and vegetable matter in every conceivable combination with native earth; surface-drained and under-drained; enlarged and diminished the roots and fibres (the stomachs and lacteals) of their plants, by root-growing and root-pruning, but nothing that the fruitgrower's philosophy could devise expelled the larvæ, destroyed

the mildew, or arrested blight save only fumigation, and the employment of such substances as gave off vapor.

Mr. Fuller, in his "Grape Culturist," the highest authority on that subject, says that "a confined, humid atmosphere, or anything that tends to weaken the plants, is very productive of mildew, and its ravages may often be checked by a liberal application of fumigants and proper ventilation."

The most reliable medical authorities will also tell you that the same causes produce lung diseases, and that proper ventilation and exposure to diffusible fumes constitute the best hopes of the consumptive, else why go to the pineries of Iowa or North Carolina, or make sea voyages, or live in sugar houses, or in an atmosphere impregnated with tar vapor?

The larvae and the mildew correspond with the tubercle and the vitiated secretions that block up the lungs, preventing ingress of wholesome air, and the egress of effete gases, so that blight inevitably follows. Inhalation of fumes by the leaves of the plant extinguishes the poison of the mildew, and blight is stayed.

Inhalation of properly medicated air by the human lungs absorbs the tubercle, checks the hemorrhage and the suppuration, and consumption is arrested. No feeding or watering the root alone will ever check disease in the leaf, and no deluging the stomach with syrups or cordials or tonics or alteratives will ever cheat the grave of one unhappy consumptive.

The inhalation of medicated substances is by no means a recent practice, nor an innovation upon the orthodox "pathies" of the present age; but it is one amongst the first means that suggested itself to the ancient medical philosophers for the cure of diseases of the respiratory tract.

They neither intimately understood the anatomy and physiology of those organs, nor yet the true nature of the diseases incident to them, or the best remedies and their proper administration. We have the light of the accumulated experience of intelligent observers throughout the civilized world for two thousand years, and that nine-tenths of the practitioners of medicine at this day are still ignorant of much that is essential to constitute the true physician, is by no means the fault of the writers and teachers.

Without question

"There is a divinity that shapes our ends,"

and many an individual assumes a station for which he is too indolent to fit himself, or lacks the mental capacity to fill with usefulness or credit. There are no doubt such people who will tell you that "inhalation possesses no virtue, or that it can only be palliative at best, or that it has been frequently tried with little and often no success."

And yet it seems the most reasonable way in which to treat lung diseases—and so it is. Persons should not condemn what

they know nothing about. Honest people never do, and ignorant ones are not competent judges; and in the cases of failure the experimenters were certainly ignorant of the appropriate remedies or the proper mode of using them.

Everything must be learned. Virtually we are all empirics—experience is our only instructive school; but, happily, perseverance, guided by intelligent thought, always rewards legitimate effort with success, and I believe that we have now fixed the foundation and laid the corner stone of consumption's supulchre.

The spinning jenny, and the Atlantic cable, and the Taliaconian operation, and the anaesthetic value of chloroform, and Church's Niagara, and the Boston jubilee, and a thousand more achievements were not the *first* products of genius or science or art.

Besides, omniscient perfection is not the standard which human fallibility should be expected to emulate!

The advantages of special inhalations are mechanical as well as therapeutical. Persistent deep inspiration increases the area of the air passages, thereby relieving labored breathing, if from diminished bronchial calibre, as in asthma and bronchitis, whilst their increased capacity admits a larger volume of air, permits the escape of a greater quantity of carbon, and facilitates expectoration.

Free inspiration has a vast effect in regulating the temperature, and influencing combustion of the body.

A man's "vital capacity" depends for the most part upon the quantity of air he can inspire at a breath, as his pecuniary capacity is measured by the number of his dollars.

If he lose a purse of dollars his pecuniary independence is compromised to that extent; if he lose a cluster of air vesicles his physical stamina is lessened by just so much, and now, having lost his vital and pecuniary *independence*, his length of life, and material comforts will depend upon the way in which he husbands and employs the remainder, for no one would pretend that his powers of endurance, or his chances for longevity were as great after a portion of his lungs had been destroyed.

Bear in mind, too, that almost equal to medication is the proper observance of hygienic habits suited to each individual, and their neglect will as surely sacrifice the life of the invalid as if his disease were uncontrolled by any resisting influence.

Good lungs fed with pure air make the happy person and pleasant companion. A pinched chest and stifled breathing make the peevish granny, or the stupid drone.

Physiological observations have established the facts, according to Dr. Carpenter: "That by the movements of the tongue, and other organs of speech, fifteen hundred letters can be distinctly pronounced in a minute.

The minute precision of muscular contraction is in no instance more remarkable than in the glottis.

The natural compass of the voice is about twenty-four semitones.

Within each semi-tone a singer could produce at least ten distinct intervals, making a total number of two hundred and forty. These are all produced by the vocal chords, and the whole variations in the length of the chords being not more than one-fifth of an inch, the variation required to pass from one interval to another will not be more than the one twelve-hundredth part of an inch." An almost inconceivably small extent of disease, therefore, in the *larynx*, may do most serious injury.

But this organ is below the epiglottis or swallow, and separated from the gullet.

Now what's the use in pouring a cough syrup down the stomach-tube, or washing the inside of your neck out with a gargle only, when the wash cannot reach the seat of disease at all, and the syrup swims off in an entirely different channel?

Sales-Girons "considers medicated inhalations indicated in acute and chronic diseases of the pharynx, larynx, trachea, bronchia, and lungs."

They have been successfully employed, when all other treatment failed in asphyxia, narcosis, in loss of voice, in diphtheria, in laryngitis, in bronchitis, in tuberculosis, in bronchorrhœa, coryza, nasal catarrh, whooping-cough, dyspnoea, and in every form of asthma.

Some of the authorities abroad who have tested and proven the superiority of medicated inhalations, are Baudelocque, Beigel, Berthon, Besson, Bricheau, Chartroulle, Chomel, Commerge, Corrigan, Cotterreau, Dechambre, Elliottson, Gerhardt, Huette, Laennec, Lewin, Lugol, Murray, Pidoux, Pierry, Polak, Ramadge, Seudamore, Sydenham, Trouseau, Von-Roos, and many others.

Amongst our own countrymen are numbered, Chapman, Cohen, DaCosta, Dickson, Eberle, Francis, Gadberry, Geiger, Hunter, Lente, Merrill, Morrell, Morton, Pancoast, Physick, Pomeroy, Rush, Stewart, Thompson, Tweedie, Williams, Wolfe, and Wood; and as a foundation stone upon which to rest this unimpeachable array of skilled advocates, we record the name of our honored Arabian patriarch in medicine, AVICENNA.

This is not the place to discuss the relative merits of nebulization, fumigation, vaporization, insufflation, atomization of liquids, or inhalation of cool medicated air alone.

Let me assure you, that in all chronic lung diseases, the latter is the simplest, the most reasonable, and the best. Parboiling the lungs with hot water vapors is dangerous; they generally are softened and break down soon enough without the melting influence of steam.

"Congestion of the bloodvessels is the first departure from the healthy state of the lung, and there is now abundant evidence in regard to the pulmonary circulation in particular, that to prevent

admission of oxygen into the lungs, either by causing the individual to breathe pure nitrogen or hydrogen, or by occlusion of the air-passages, is to bring the circulation through their capillaries to a speedy check."

* * * "That absorption of other volatile matters diffused through the air is continually taking place by the lungs, is easily demonstrated.

It can only be in this manner, that these gases act upon the system, which have a noxious or poisonous effect when mingled in small quantities in the atmosphere, and it is most extraordinary to witness the *increased potency*, which many substances exhibit when they are brought into relation with the blood in the gaseous form.

It cannot be doubted that miasmata, and other morbid agents diffused through the atmosphere, are more readily introduced into the system, through the pulmonary surface, than by any other; and our aim should, therefore, be directed to the discovery of some counteracting agent, *which can be introduced in the same manner*.

The pulmonary surface affords a most advantageous channel for the introduction of certain medicines that can be raised in vapor." (Carp. Phys.)

In 1867, M. Beclard made a report to the Parisian Academy of Medicine, upon a memoir on respiratory therapeutics, by Sales-Girons, in which he says: "That these inhalations may be resorted to in a great variety of diseases, for the purpose of producing constitutional effects, because the mucous membrane of the respiratory organs exceeds all other mucous membranes, including that of the small intestines as well as the stomach, *in its powers of absorption*, as a consequence of the rapid passage of the blood through the lungs, exposing, within the space of less than three and a half minutes, almost every globule of that fluid (the blood) to the action of any remedy through the endosmotic action of an extremely attenuated membrane of great absorptive powers."

In Prof. Still's "Mat. Med. and Therapeut." occurs this passage: "Whatever advantages have been claimed for the topical treatment of the nasal passages, the pharynx, the larynx, and the air tubes, by means of medicated solutions applied with a brush or a sponge, are vastly exceeded by those afforded by the inhalation of medicated vapors. For not only is the number of agents employed by the latter method far greater, and more various in kind, but they reach portions of the mucous membrane which the former cannot touch, and by the duration, steadiness, and gentleness of their action exert, in by far the greater number of cases, a more salutary influence. Indeed, it is difficult to estimate too highly the value of atomized liquid medicines in the class of diseases referred to, whether as superior to other topical medications, or as a frequent substitute for remedies administered by the stomach, which too often, even when they succeed in allaying the pulmonary symptoms,

tend to derange the digestive function, and therefore to retard and embarrass the cure."

It is scarcely probable that many will assume the boldness to challenge so unqualified a declaration by the most learned representative of the medical profession in this country.

You may eat charcoal until your stomach suffers from distension, and its effects, for good or ill, are comparatively nothing; but ignite it and inhale its fumes, and they are as deadly as the sting of an asp.

Eat all the oxygenated food your appetite may crave, but exhaust that gas from the air you breathe and your lungs collapse, and you die speedily; but breathe a normally oxygenated atmosphere, and leave that element out of the food, still will your eyes sparkle and your cheeks blush with the heat of a fully vitalized system.

Swallow medicine for your throat or lung disease, and it is first mingled with, and diluted by the contents of the stomach, is submitted to the action of the gastric juice; passing the pylorus, it runs the gauntlet of the pancreatic secretions and the bile; then out of the duodenum into the small intestines to be taken up by the lacteals, filtered into the thoracic duct, conveyed by it into the left subclavian vein, and down into the right auricle of the heart, there to mingle with all the poisoned blood returned from every part of the system, then emptied into the right ventricle; thence distributed through the bloodvessels of the lungs, to be decarbonized upon the mucous surface of the bronchial tubes, said to equal a plane of fifteen hundred square feet, and AFTER THAT the "infinitesimal abstraction of ethereal inanity" remaining, is expected to arrest tuberculosis in portions of an organ where circulation and respiration, are both almost entirely occluded, while the volume of blood containing the remedial virtues (if the original dose had any,) is carried back to circulate in all the ramifications of the entire vascular system.

Do not the special secretions of the vital organs and the venous blood, with which medicines taken into the stomach come in contact, change their primitive properties, so that they may be entirely inert, or perhaps injurious, should they even reach the lungs? None can tell, for all these "warring elements" do their work so silently, and are so innocent of any influence upon diseases of the breathing apparatus, that no deserved virtues have ever yet been recorded to their credit!

As to the legion of "patent" expectorants, and syrups, and cordials, and balsams, and pectorals, disgusting enough to sicken the hash-kettle of a cheap boarding house and profusely reeking, "sinells that we dislike," put up by every nostrum peddler and apothecary's clerk, and all *infallible*; everybody knows that they rarely relieve the sufferer of anything except the dollar, but that they infallibly do.

Awhile ago it was stated that "congestion of the bloodvessels is the first departure from the healthy state of the lungs," in which condition the veins become varicose, dilated, and knotted, as you know is the case often in limbs in which circulation is impeded.

Now the use of the inhaler distends the air-cells, and as the bloodvessels lie amongst and between them, the blood is pressed out when the lungs are inflated, and especially when the inhaling tube is charged with a medicine that gives neurility to the nerves and increases the elasticity and contractility of the coats composing the air-cells and bloodvessels.

Relief and improvement must follow; how can it be otherwise, for cause is most certainly followed by corresponding effect?

But then tell me, how can engorgement of the lung-tissue be relieved in any other way than by such mechanical compression and medicinal toning up, unless indeed you employ the lancet and the cup, and the leech and the blister, and the emetic and the purge, and the rest of the saddle-bagful of depletories of ancient times, and modern too.

I'm sure, however, that the tottering consumptive who appreciates the hints suggested in this little book, will henceforth most heartily beseech deliverance from the misfortunes that must soon bring him to grief, if he should *suffer* such treatment.

The lungs inhale and exhale air. It is through the medium of the atmosphere, that injurious impressions are made upon them, and that same medium is the best vehicle by which to introduce curative properties into them.

The stomach does not breathe, nor do the lungs churn their food. The stomach, as you have learned, is merely the reservoir into which substances are received, but they are neither fit for nutrition or medicative until they have passed out of the stomach into other receptacles, and undergone other changes.

The air is conveyed directly, loaded with all its poisons, or its balsms, into an organ that receives and appropriates its elements without modification, and its effects for good or evil, are direct and immediate. That air can be charged at its natural temperature, with the essential substance of any remedy that the condition of the lungs indicates, freed from all foreign and unnecessary elements with which the actual medicine may be combined.

Another fact is, that no more tubercles collect, and no more hemorrhages occur after proper remedies are inhaled, and adjvant treatment rightly instituted, unless the case has already passed quite beyond all controlling agencies.

It may be right to explain here, that I find no use for "steam atomizers" or "nebulizers," or any such formidable enginery. The relaxing influence of hot vapor or steam is well enough, and sometimes very useful to vigorous people having acute complaints; but destructively dangerous to weak persons and dilapidated consumptives.

The medicines, as prepared for inhalation, are neither nauseating nor bulky, and, during their use, are converted into an attenuated imperceptible vapor. They take no circuitous route, nor penetrate a labyrinthine maze to seek their destination. They are pleasant to inspire; direct in their course; powerful in their action; speedy in their effect, and efficient in their relief. What more need they claim; what more should be required.

In every case not entirely beyond the hope of material help, medicated inhalation, properly employed, guarantees a certain relief; but in every case of chronic disease of the nose, throat, or lungs in any form, or from whatever cause, medicines taken by the stomach alone, or in any other way, or of any kind, other than those appropriate to each individual case, locally applied and inhaled at the temperature of the natural atmosphere and through it, never did and never can cure.

These are very positive declarations, but although abundant "testimonials" could be produced, you can want no better evidence of their truth, than your own observation.

When a cold breaks up, the bronchial tubes secrete mucus, and it is expectorated. When a bloodvessel in the lungs gives way, the current of blood comes up through the air-passages and flows out at the mouth. When an abscess breaks in the lungs, the corruption passes over the same route.

How curious, then, that the air by which we live finds its way directly into an organ prepared for its reception, and for the appropriation of its vitalizing elements, and that whether well or diseased, the carbon and the mucus, and the hemorrhage, and the tubercle are all ejected directly by that organ from itself; while a medicine designed for its benefit must needs be sent the almost interminable round of the digestive and vascular systems, and if it haply ever find its destination, there oppose an atom of resistance against a monster of destructiveness! Surely, if the perfection of wisdom shall announce the consummation of all things, the millennium must still be reserved for the felicity of other generations!

The surgeon cures a tumor with his knife, and rests the fragments of a broken limb upon the splint alone, but the physician's armamentarium embraces the entire universe of Him who made the material man of earth, and breathed into his nostrils a living soul.

The sacred writer, with an understanding enlightened by inspiration, declares that "we are fearfully and wonderfully made."

Everywhere in nature, and most evidently in the mechanism of the human system, there is a remarkable triplicity of organization and a triunity of function, and this uniformity is observed whether viewing the body entire or in its minutest parts.

The whole man has a head, a trunk, and extremities; a frame for support in the skeleton, a locomotive apparatus in the muscles, and a guiding agent in the brain, and even the microscopic granule in

the cytoplasm has its primordial utricle and its nucleolus, performing the threefold office of protection, secretion, and nutrition.

The entire animate creation is embraced in the classes that walk, and creep, and swim; they live in the air, the earth, and the water; they eat, and drink, and breathe; their stages of life are development, maturity, and decline; and be it the flowret that buds and blooms and withers in an hour, or the adamant whose duration shall only terminate when terrestrial revolutions cease; be it the infusorial speck of whom myriads scarcely make a microscopic atom, and whose existence from conception to extinction is but a flash, or the Behemoth under whose ponderous tread earth trembles; still, the great Triune Author has ordained for each an amorphous plasma, an organized existence, and a final resolution into "the dust from whence it came."

He made food to be eaten, water to be drunk, and air to be breathed.

The food is to supply nutrition, the water serum, but the air contains the life-supporting element.

And here you may plume your thoughts and look grave, if you will, for I think I shall present you a little discourse on the philosophy of consumption.

Development by incorporation of the wholesome portions of our food, and the *increase* of weight, and heat, and strength, constitutes *nutrition*.

Impairment of the assimilative powers, and the *loss* of weight, and heat, and strength, constitute *consumption*.

When the oxygen of the air has free access to the blood through the lungs, good digestion is promoted, and heat, and growth, and strength, must follow; but when that air-chamber is blocked up, and the oxygen is kept out, the elaboration of food does not result in the production of nutritious pabulum for the formation of new tissue, but stops at the point of putrefactive fermentation, and produces sour stomach and a dyspepsia which a whole river of "stomach bitters" could never cure, while the old parts of the lungs and other portions of the body are not eliminated in the form of carbonic acid, but are left to decay in the system, the lungs fall into holes; the blood is poisoned with corruption; the skin and the stomach and the bowels become unable to hold their contents, and they run away in the expectoration and the night-sweats, and the diarrhoea, and before long, a very few little clods off the sexton's spade may hide away the ghostly speck yet unconsumed.

A tubercle contains no specific property. It is formed principally by granular subdivision of the connective tissue corpuscles. It is a product of disintegration.

An obsolescent or withered tubercle is one whose liquid constituents have been absorbed, and is thenceforward a dry, foreign body, incapable of undergoing any further change. It is calcified.

Fatty degeneration, or cheesy metamorphosis, however, is the

most common form of alteration undergone by all tissues from which nutrition is cut off. The tubercle deprives itself of nutrition by pressure upon the arterioles or little bloodvessels which course the parenchyma where it rests, forming an embolus or blood-clot and arresting circulation.

The proliferation of plastic lymph corpuscles, by inflammatory action, and the evolution of degenerative corpuscles is an undistinguishable process, so far as anatomical demonstration goes; although the one results in the development of organized tissue, and the other in tubercle. The result is evidently due, in the latter case, to *deficient oxygenation*.

The destructibility of tubercle is in proportion to the anemic condition, and the exhausting influences operating upon the invalid.

The want of exercise in the superior auxiliary muscles of respiration, and the sluggish inspirations in persons of sedentary habits, tend to produce atrophy of the upper lobes of the lungs, as well as of the quiescent muscles, and every air-cell that is obliterated subtracts so much from the "vital capacity."

Softening always begins in the centre of tubercle, and when the mass is converted into pus, it is discharged through a contiguous mucous membrane, or continues breaking down its walls until complete destruction of the organ in which it exists has been accomplished. Thus death may take place from consumption of the lungs without a sign of matter in the expectoration, if the pyogenic membrane maintains its integrity, which means that from the exudation of plastic lymph, as a product of inflammation, the mucous membrane of the bronchial tubes may thicken or agglutinate, like the two edges of a wound in your finger, and encyst the pus, until all the lung is destroyed.

Breathing ceases when the respiratory organ is decayed; the heart suspends its pulsations when no air vivifies its blood.

Then comes the ashy paleness, and the cold brow, and the filmy eye, and the cadaveric rigidity, and that's DEATH.

I could tell many another story with a happier ending.

There is but one breathing organ.

Its eliminating and absorbing surface is greater, and its office is more important than that of any other in the body.

You can deprive the stomach of food and drink—you may occlude all the emunctories of the body and life still lingers; but arrest for once the function of respiration, and you swiftly send the messenger of death to snap the mainspring that moves the heart.

Take care then to preserve that essential and wonderful apparatus in health. Take more care how you tamper with it when sick.

Remember that you inhale the causes of disease affecting its structures; therefore you must also inhale the remedies designed for the relief of those structures.

No other member of the viscera can assume vicariously a function

of so exalted magnitude as aeration. Anatomy, physiology, reason, and experience all confirm these plain, simple, undoubted truths.

Inhalation, properly prescribed by intelligent hands, can point to its once consumed monuments by scores;—now living, healthy, happy and useful members of the social circle and the state:—while medication by the stomach and all the appliances such treatment calls to its aid, also has its countless monuments,—where

"Death grinned horribly a ghastly smile,
To hear his famine should be filled,"

and

"To the hurried question of despair—
Where's my child?—an echo answers—*where!*"

What is the rate of mortality in consumption? If you divide the sum of all the people by five, the quotient will nearly represent the answer, and it will indicate no leanness in numbers, whatever their muscular insignificance may be.

There stands recorded then the startling fact, that twenty per cent. of the entire population is continually swallowed into that ever hungry whirlpool.

In plainer terms: if there be but an hundred different diseases, and surgical accidents by which people lose their lives, consumption alone destroys as many as any other twenty of them.

And yet when poor, defenseless victims appeal to the doctors for a weapon to ward off this giant executioner, they receive the one stereotyped, lubricous prescription—"take cod-liver oil and say your prayers." We all know what then!

You may not know how to discriminate between a surgical case and a constitutional disease. A surgical accident effects a "solution of continuity" in a body supposed to be otherwise in good health; whereas a manifestation of disease is the sure evidence of reduced vitality, from some morbid material pre-existing in the system.

Persons sometimes have slight hemorrhages, and innocent people glibly assure them—"That's nothing!"

The loss of a little blood from the seat of an active congestion is certainly no misfortune or disadvantage; but, be not deceived:—the immense majority of bleedings from lungs are warnings of busy destructive agencies, insidiously gnawing out channels through which, before long, will flow muddier streams.

When such hemorrhages occur, doctors commonly prescribe acids, and opium, and sugar of lead, or some of their kindred—to dry up the secretions, stupefy the nerves, and freeze the blood, and then enjoin perfect rest—"Don't move; your vessels are too weak to hold their blood, and our doses are very uncertain to help them, —don't move."

As the calm forebodes the gathering storm, so in that motionless quiet will tubercles deposit thick and fast, until finally the overcharged lungs, like the rain-clouds, break and pour out their stores;

and as after the shower the cloud is spent, so also ebbs the tide from liquid lungs, and with it vanishes another life.

What is a tubercle? It is a little tuber, composed partially of carbonate of lime, depositing itself in the peri-vascular sheaths, or in the areolar tissue beneath the mucous membrane, or wherever the blood stagnates, or wherever perfect rest of the lungs permits it to accrete in their substance; or whenever acids or opium or any other such miserable stuff is given "for the cough"—to dry up the liquids and leave the tuberculous matters behind to petrify.

That little stone becomes "the thorn in the side," which too soon awakens the sharp, shooting pains, and around which a festering sore soon burrows a cavity.

Do you know that the stalactite and stalagmite in the cave are formed by evaporation of the watery part of the rain-drop which filters through the earth, leaving behind only the mineral elements it held in solution and thus what was once a mammoth cave, the chemistry of nature ultimately transforms into a mass of solid stone? And do you now understand how the acids and the opium and the morphia in the bronchial troches and tar drops and cough syrups and pellets and powders, are the most deceitfully fatal poisons you can take, because they lull you into unwary repose, and drink up the water in your blood, and are the very best helps to the tubercles, that are walling shut the air-cells in your lungs?

For your life don't touch such drugs, but "take up your bed and walk,"—the load will hasten your circulation and make you breathe, and while your lungs are expanded and your blood hurries through them, it will gather more life from each full breath, and leave no dangerous sediment behind.

No coral reef or foul scum ever formed in the *running brook*.

In all these lines I have not intimated that inhalation alone is sufficient to restore a system, shattered by a formidable disease of any character. For such affections as disorder the stomach itself, or are most directly reached by it, medication through that channel is often indispensable, and no one will long have an affection of the lungs—an organ in which the elements of life and death are exchanged every moment—without soon having abundant complications to torment him, for

"Miseries love a train,
They tread each other's heels."

But let me warn you that if you are suffering from pulmonary affections, and that if you value your comfort, your health, or your life, place wary dependence in stomach dosing, or it will deceive you, as it has deceived all the people whom you ever knew or heard of, that were surrendered to that fatal infatuation.

If there were a morass near the source of the Mississippi, contaminating its waters, he who would suggest a means to dry up and

destroy the cesspool where it exists would be considered wiser than the fool who proposed to pour a disinfecting agent into the Gulf of Mexico.

So is he more rational who attempts to encyst the tubercle, and heal the abscess in the lung by direct means, than he who doses the stomach in the forlorn hope of destroying the corruption after it has been absorbed into the blood and gone on its destructive errand through all the tissues of the body.

A multiplication of words would only swell these pages without making the subject any clearer or more convincing. The object has been to point to the true and only way by which diseases of the breathing organs can be cured. The proper treatment is an art that can only be acquired by a large fund of tributary knowledge, and matured experience.

I have no ambition for notoriety, nor do I court the mental solitude of the one-ideal specialist, but I am aware that the public, and indeed the mass of the profession, know comparatively little of the improved means for combating *consumption*, with all its hydra-headed concomitants, and I insist that the intelligence of this age should honor the devotee to a profession enlisted in the interests of humanity; giving his particular attention to the development of a treatment that will arrest the most relentless scourge that afflicts it, with the courtesy of a respectful hearing, and an impartial trial of its merits. These convictions are not derived from idle speculation, nor are they the hallucinations of an enthusiast.

They are founded upon the results of extensive observation, and emphatically confirmed by that dearest, but most impressive lesson—personal experience.

I once had consumption, with all its favorite torments in their happiest vigor, and many professional gentlemen showered their best prescriptions upon me. I was a pliant patient, because sufferers are always seeking relief.

I was rye whiskeyed, and cod-liver-oiled, and cough-syruped, and tartar-emeticized, and tar-watered, and fly-blistered, and pitch-plastered, secundum artem.

My friends each day bade me more sorrowful farewells, and spoke quite slightly of the “vanities of this world,” whilst the curious for “scenes,” displayed in their prognathous visages and dripping Schneiderian membranes, the region whence most of human sympathy is shed.

My medical colleagues pronounced my condition without a shadow of hope, and tearfully rehearsed my requiem, and diverted me with many other little friendly and cheering finalities, but I still felt no better.

At this period my attention was directed to medicated inhalation. Like the drowning man, I grasped this seeming last hope with doubt, but my consumption was soon arrested; with astonishing rapidity my lungs healed, and although the cycle of the sun

has gone far in its accustomed course since then, I still enjoy the blessings of recovered health.

Ever since I have made it the subject of untiring investigation, and these pages record a few of the lessons which careful thought and experience have taught me.

The whole subject is most simple and plain when viewed from a correct basis, but ignorance of the true etiology and therapeutics of respiratory diseases, has given theoretical skimmers opportunity to set afloat multitudes of rudderless speculations, and bring forth theories in profusion without the slightest provision for their support, consequently their shadowy offspring and their patients still continually go down into the same graves together.

Muscle and nerve force is in exact ratio to the vital or atmospheric capacity of the lungs. The force of inspiration is in exact proportion to the expenditure of physical power.

Those are logical propositions, and here is the deduction: a man's vital capacity fixes the measure of his strength, and of his longevity.

The lungs are highly elastic bodies, and the chest is a very extensible region.

Asthma is not a primary ailment, it is essentially a symptomatic affection, for who ever heard of an infant, or any one else, having it, *ab initio*?

Therefore the cause which originated it must necessarily first be removed, and asthma disappears also.

Bronchitis is a purely local complaint, beginning and ending upon the exposed surface of the lining membrane of the air-passages, and the beginning and ending of its successful treatment, must be directed to that diseased membrane by the same route through which the disease found its way.

Consumption is caused, as before remarked, by occlusion of the air-cells, whether from contraction of the chest-walls, from pulmonary engorgement, or from tubercular deposit. In other words, it results from defective nutrition, and defective nutrition results from exclusion of sufficient air, for pure air is the essential element of good nutrition.

Scrofula, and diseases that afflict the votaries of vice, are also very ready aids to consumptive predispositions, and must be vigorously opposed.

I do not wish to encroach upon another domain, or stray too far from my text in any direction, yet I may be pardoned for raising a note of warning to the young—*en passant*.

Beauty soon fades, and the passions, alas, alas for the depravity of our poor human nature, may tempt us to wander in forbidden paths; but consider, that in virtue's tomb is also buried health and social happiness. There fades the halo that encircles the family tree and makes home the dearest spot on earth.

On that rock has stranded many a barque that launched from the

parental harbor with virgin sails and happy voyagers upon the treacherous sea of life.

Then be virtuous, and observe that he who "walketh UPRIGHTLY," and distends his chest widely, and expands his lungs freely with pure air and wholesome exercise, shall never fall a prey to heart-aches or lung-diseases.

And now stands out in boldest relief, the sequel to the whole story. Asthma, bronchitis, and consumption are the children of disobedience to the simplest intentions of the Creator, and death is the penalty for ignorance of their rational treatment.

Why shall I not be earnest to enlist your interest, and inspire your hope and faith in the refuge here mapped out?

Did not hope for a remedy and faith that I had found it rescue me from the toils of consumption, and the very jaws of death?

Hope! Faith! twin-sisters of imperial birth.

Celestial charmers, adorned in innocence and smiles.

The last link in life's cable may seem parting from its anchor, and the tidal waves be drifting out from shore; yet let the stricken sufferer take courage, and be strong.

The shadows of despair are lifted up, and their desert trail will soon be hidden in the blooming oasis.

The slanting beams of mental twilight are greatly shortened, and the light of knowledge and of truth shines nearly overhead.

Bright Hope! thy star makes light earth's dreariest paths.

"Hot sands are for the feet, and a stone for the head, but the vision of angels shines over all.

"Sweet traveller and guide to heaven!—take the lily of Eden in thy hand, and lead me whithersoever thou goest!"

Blest Faith!—religion's handmaid, and the stepping stone to love.

"Let winter come, let polar spirits sweep,
The darkening world, and tempest-troubled deep,"

thy wand is purity and truth—thy bosom pillows softly the child of sorrow and of pain—thy token is eternal rest—and heaven.

The world of science progresses as if on palsied limbs—still happily "it moves," and I now have an abiding confidence that the intelligent employment of the plan of treatment presented in this little book will save from a miserable life and premature death the unfortunate victim of asthma, bronchitis, consumption, or any of their rapacious allies, if the angel of death has not already poised his pen to seal the concluding chapter of that life with the common epitaph of all things mortal—

A LETTER.

TO MY READERS:—With regard to the inquiries suggested, I beg to remark that I do not practise medicine empirically—I am not a guardian of charlatanry, and have no *receipts* or quack nostrums to “sell,” but make my diagnosis upon a thorough examination of each case, in accordance with the rules of science and the dictates of mature experience, and then prescribe the medical and hygienic treatment which each individual patient requires.

If you desire my counsel, I should be happy to see you at my office, inasmuch as verbal intercourse is always more pleasant than correspondence by letter, but such is the anatomical construction, and the especial physiological function of the lungs, that only a certain class of diseases can affect them, and each disease has its peculiar features by which it can be recognized and distinguished from all other diseases, so that a person who has made himself familiar with them can draw very correct conclusions from written descriptions.

I have accordingly arranged a series of leading questions, embracing all the points of importance that can exist in any case of this class, with an appendix of questions especially appropriate to the cases of females, the answers to which will fully acquaint me with the condition and wants of the patient.

Preachers have their catechisms, lawyers file their interrogatories, and every-day physicians consult each other by letter, and are consulted by patients whom they never saw. Symptoms of disease are as indicative to professional people as that you know “the rose is red,” although it may not now be before your eyes. I furnish the inhaler, and prepare all the medicines myself, and accompany them with very explicit directions and useful advice, so that neither the patient nor I need have any anxiety concerning their kind, their quality, or their composition.

This circular, with any other information desired, will be sent to you upon your application. You will also confer a favor, that will be appreciated, by handing this little book to any one who may be suffering from the maladies of which it treats, or sending their address to me,

Very truly yours,

A. R. FINCK, M.D.,

P. O. Box 1737,

Philadelphia, Pa.

Residence, 1035 Coates Street.

1035 Coates Street, Philadelphia, Pa.

TO THE CLERGY.

REVEREND SIR:

If it should please you to devote a while to reflection upon the subject of which this little book treats, it might prompt a thought of deep interest to the clergy and the entire people. The relentless ravages of pulmonary diseases would excite more profound anxiety if inflicted by less familiar desolators. The treatment here proposed is simple, the remedies pleasant and safe, their destination is reached by the natural channel, their adjuvants are selected to meet especial indications, they always relieve speedily, and they cure when no other means can.

"If he ask for bread, shall I give him a stone?" and when his lungs are sick, shall I drug his innocent stomach? You know better than I concerning the truth of the tradition that incense was first suggested to the priesthood because of its antiseptic and remedial value. You know too what confirmation the gums and balsams entering into the composition of that offering give to the tradition. We are not *much* wiser than our fathers; and do the miseries which still pursue us suggest that we are *much* better? The health report for this city alone announces from thirty to fifty deaths from thoracic diseases alone, *weekly*; a percentage of mortality appalling to the community and mortifying to the profession. To the subjection of this giant destroyer I have devoted my best energies—not after the manner of the quack, in compounding a nostrum which offers a remedy against every ill out of the same bottle, but a treatment adapted to each case separately, upon a diagnosis based upon a professional knowledge of the anatomy, physiology, pathology, and therapeutics proper to the lungs, the heart, and the chest-walls, and upon the laws chemical, physical, and psychical, which influence their circulation, nutrition, and innervation; and if I do not now comprehend these problems better than those who composedly rely upon the fatal popular consent that "consumption is incurable," to shield their indolence or their ignorance; or if I fail to inspire a brighter hope and securer confidence in the unfortunate sick, I must indeed have mistaken my calling and wasted years of labored effort in a worthy but thankless cause. How many young men and women of talent and piety fit themselves for lives of usefulness who are prematurely arrested by affections of the vocal organs! How many emotions are smothered in breasts whose crippled laryngeal attachments deny them utterance! How many more consumption hushes too early in the stillness of death! In the physical welfare, also, of our common fraternity your interest is solicited, and if the writer's earnest efforts shall be blessed by Him whose instruments we are, in saving but some such lives of value, he will rejoice in his reward.

Very truly yours,

P. O. Box 1737.

A. R. FINCK.



